

**CLAIMS**

1. A method for controlling transmission energy of a communication station, comprising:
  - determining a characteristic of a propagation path between said communication station and a second communication station;  - selecting a power control step size in accordance with said characteristic of the propagation path;  - receiving closed loop power control commands at said communication station; and  
adjusting said transmission energy of said communication station in accordance with said closed loop power control commands and said power control step size.